



## **H-PLUS Function Exercise: EIGHT-GREAT (P)**

### **Function Command: PLUS-EIGHT, GREAT**

#### **Purpose:**

This is your H-PLUS Function exercise whereby you learn to use the inner strength that is you.

#### **Application:**

To allow you to feel strong and sure and to enable you to put the strength of your total inner self into your life activity.

#### **Instructions For Use:**

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

## Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

## Suggestions For Use:

- **EIGHT-GREAT** can be used advantageously with the H-PLUS Functions **RESET**, **CONTEMPLATION**, **MAKE YOUR DAY** and **DE-HAB**.

**Examples** – If you're considering a major change in life direction, consult your inner guidance with **CONTEMPLATION** and use **EIGHT-GREAT** for implementation. Instead of feeling overwhelmed by an anticipated situation, release negative expectations with **DE-HAB**, plot a positive course with **MAKE YOUR DAY** and proceed from your inner strength with **EIGHT-GREAT**. If the achievement of some goal is almost an anti-climax, banish let down with **RESET** and view your success from an **EIGHT-GREAT** perspective.

## Please Note:

- You may notice an attitude of calm confidence in your ability to handle most situations and an increased enjoyment of all your life activities.
- This Function has exceptional potential for enhancing your total life experience when used regularly.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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**Interstate Industries, Inc.**

**at The Monroe Institute**

P.O. Box 130

Nellysford, VA 22958

(804) 361-1500

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